

Health and Physical Readiness

In order to ensure combat readiness and personal effectiveness, NWC follows a Health and Physical Readiness Program (HPRP). Military personnel assigned to NWC are susceptible to the effects of sedentary living, excessive caloric intake, and lack of proper exercise. Accordingly, all military students will develop individual fitness programs to meet service standards.

OPNAVINST 6110.1 provides guidance for Navy students and explains the Navy HPRP. Navy Students are expected to establish a fitness program early and meet minimum HPRP standards twice during the academic year, normally October and May. HPRP results are a required entry in detaching fitness reports. Other service students will abide by their individual service instructions.

Time at the Naval War College affords each student a valuable opportunity to assess their personal health readiness as they prepare themselves mentally and physically for the next part of their career. In support of health and physical readiness goals, the NWC President has established a Health Risk Assessment Program. Shortly after reporting, as part of the indoctrination week events, each student will be given a questionnaire and have blood drawn. This information will form the basis for a personalized health assessment that is intended to apprise students of key indicators of risk and assist them in tailoring a personal physical program.

Smoking

Smoking is not permitted inside any buildings or in outside common use areas such as parking garages and building entry ways/egresses.

Smoking is permitted only in the following areas:

- (1) Patio with overhanging roof outside the west end of Spruance Hall Lobby.
- (2) Outside and parallel to the west wall of Conolly Hall parking level P1.
- (3) Under the enclosed walkway connecting Mahan and Pringle Halls.
- (4) The median strip opposite the main entrance to Sims Hall.
- (5) Other outside areas at least 50 feet from all NWC buildings.

Extracurricular Activities

As mentioned earlier, social interaction with fellow students is an important ingredient to the overall experience at the Naval War College. Extracurricular activities are the primary vehicle by which this takes place.

Several formal balls as well as base and community events offer a multitude of social opportunity for students and their families.

- The Christmas/New Years recess is marked by the annual Festival of Trees sponsored by the Spouses Clubs in the area. This festival showcases Christmas trees decorated by various.
- The formal ball season begins in October with the Navy Ball, and continues with the Marine Corps Ball in November, the Holiday Ball during the Christmas season (sponsored by USAF/USCG officers and civilian students), the Army Ball in May, and the Battle of Midway Commemoration in June.

Athletic events are a key element of the Newport experience. The President of the Naval War College highly encourages all students to participate in one or more of the following athletic opportunities during their course of studies.

- The Intramural Sports Program provides a more formalized, intra-seminar competition. Seminars are expected to field teams to compete in softball, volleyball, and basketball seasons and tournaments scheduled during most Monday and Tuesday afternoons throughout the academic year. Each of these programs is designed to allow each student to participate within their individual skill levels and physical comfort zones. More than the physical dimensions of participation, student-participants have noted that one of the greatest values of the intramural sports program is that it offers an excellent opportunity for students to socialize and exchange viewpoints away from the academic, classroom environment. Spouses are invited to join in the program as participants or to cheer for their favorite seminar.
- The President's Cup Challenge competition offers a series of athletic events each season that pit students of the CNW and CNC&S classes against each other and teams representing the NWC Faculty and Staff and the Navy Warfare Development Command. This competition is run throughout the school year.
- The Jim Thorpe Sports Days Competition is a CNW-only event and is held during the spring at the Army War College at Carlisle Barracks, Pennsylvania. This athletic competition matches CNW sports teams against teams from all of the other senior service colleges.